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Mountain Sanatorium

Hamilton Health Association



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Fourth Annual Report
February 12th, 1909

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OUT PATIENT DISPENSARY.

Mountain Sanatorium

Hamilton Health Association

Fourth Annual Report

February 12th, 1909

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HONORARY OFFICERS



PRESIDENT

MR. W. D. LONG.

VICE-PRESIDENT

MR. J. J. EVEL.

SECRETARY-TREASURER

MR. W. J. SOUTHAM.

DIRECTORS

HIS HONOR LIEUT.-GOVERNOR J. M. GIBSON.

MR. S. D. BIGGAR.
" P. D. CRERAR.
" P. D. CARSE.
" SAMUEL BARKER, M. P.
MR. J. T. GREENAWAY.
COL. J. J. GRAFTON (Dundas).
MR. T. BERESFORD PHEPOE.
" WM. SOUTHAM.
" C. S. WILCOX.
" THOMAS W. WATKINS.

MR. ADAM ZIMMERMAN.

EX.-OFFICIO

JOHN I. McLAREN, Mayor of Hamilton.

THOS. CROOKS, Chairman Board of Health.

DR. McALLISTER, Jerseyville. Medical Health Officer, Ancaster.

J. WALTER GAGE, Jerseyville. Warden of County of Wentworth.

LADIES' AUXILIARY BOARD

MRS. P. D. CRERAR.. President.
MRS. EVANS and MRS. SOUTHAM Vice-Presidents.
MRS. PENNEFATHER Secretary.

COMMITTEE

Mesdames W. H. Ballard, S. Barker, S. D. Biggar, W. R. Davis, Dr. Dickson, M. Leggat, R. A. Lucas, W. E. Sanford, Ingersoll Olmstead, S. F. Lazier, J. M. Gibson, T. W. Watkins, S. Lyle, E. VanAllen, Lady Taylor.

Hamilton Health Association

Fourth Annual Report

The annual meeting of the Hamilton Health Association was held in the Spectator building and was largely attended. In the absence of W. D. Long, the President, J. J. Evel, Vice-President of the Association, occupied the chair, and in opening the meeting delivered his annual address, as follows:

"It is gratifying to see such a representative gathering in this, the fourth annual meeting of the Hamilton Health Association. The reports, which will be submitted for your consideration, show to what purpose the finances of the Association have been applied, yet to fully appreciate the wisdom of such expenditure an occasional visit to the Sanatorium and Dispensary is necessary. Take for instance the item of expense for the laundry. The cost for work done outside steadily increased month by month from $54, in June, 1907, to $100 in June, 1908, and the arrangement anything but satisfactory. The fixed charge at present is $60 per month. The many disturbing elements in connection therewith have been eliminated, the work is done under the supervision and to the entire satisfaction of the matron, and is an evidence of the wisdom of your auxiliary board.

"The water supply there has always been a subject of anxious thought. The pump at first installed became a bill of expense and very unreliable when most needed. Your committee procured a windmill, which has fulfilled our expectations. It can be operated with wind or electric power. The cost of operating pump has been cut out entirely, and, so far, we get all the water required. In this connection it has been suggested that cisterns be built to receive the rain water from the women's and men's shacks, which could be used for washing purposes. The women's shack could be raised two feet and some needed extensions be built at the back of the shack, for winter use.

"A roadway has been cut through from the entrance of the grounds to the brow of the mountain, thereby facilitating easy access to the cars and city, and at the same time improving the general appearance of the place.

" The thanks of the Association is tendered to Mr. Darke, Mr. Macklem and Mr. Rymal for their assistance in this undertaking, and to E. D. Smith, of Winona, for the kind offer of 100 choice evergreen trees, which will further add to the beauty of the grounds. Some attempts have been made towards grading and sodding around the buildings. The undergrowth in the woods has been cleared and the patients are assisting to keep the grounds tidy, and with a little brushing up in the spring we shall be ready to receive the Canadian Society for the Prevention of Tuberculosis.

" The success attending the opening of the Down-town Dispensary on Hess street demonstrates the need of such an institution. The attendance of patients there has already doubled the attendance of patients at the hospital. We seem to be getting into sympathetic contact with the very people among whom we expect to work the most good. There is no longer any excuse for those who neglect to avail themselves of expert medical advice, and the devoted attendance of our nurses, and which, if neglected, may mean all the difference between a life of health or sickness.

" I wish to express my thanks to Mr. Thomas W. Watkins for his ready advice and assistance during the year, and to Mrs. P. D. Crerar and the ladies of the Auxiliary Board, than whom there is no more devoted band of workers in existence. With them the work is no mere fad, but calls for and receives earnest and untiring effort.

" May you so continue to build upon the foundation already laid and assist in stamping out of our city that unrelentless plague of tuberculosis."

The report of the Honorary Secretary, W. J. Southam, was submitted by him and was as follows:

Secretary's Report

Mr. Chairman, Ladies and Gentlemen:

At the last, the third annual meeting of this Association, the date on which the fiscal year terminated, was changed, and instead of our year closing with the calendar year, it now ends on September 30th, conforming with the practice general in most hospitals and similar institutions. Reports by the Physician-in-charge and the Treasurer, giving statistics and showing the financial position of our Association, must be fyled with the

Provincial Government for each year ending September 30th. Because of this and for other reasons, our fiscal year ending as it now does will in future be the means of saving considerable extra work.

The following report is for a period of nine months ending 30th September, 1908. It gives in detail the maintenance, receipts and expenditure for this period, and also gives a list of the assets and liabilities at the end of our year. The total expenditure during the nine months amounted to $14,687.69, and of this amount $9,016.12 was for maintenance or current expenses, and the balance, $5,671.57, has been charged against capital account, as follows:

Buildings	$992 32
Furniture	353 78
Plumbing, etc.	1247 84
Stable equipment	96 50
Tents and fixtures	174 95
Laundry equipment	2806 18
	$5,671 57

The maintenance expenses are, in comparison, considerably higher, but the report of the Physician-in-charge shows that the number of patients treated has been in excess of any nine months' period since the Sanatorium was opened.

Receipts—	
Maintenance	$8030 83
Subscriptions	736 00
	$8,766 83
Expenditure—	
Maintenance	$9016 12
Capital	5671 57
	$14,687 69
Total impairment to fund in 9 months	$5,920 86
Cash in bank on September 30th, 1908	19,175 03

Since the 30th of September, 1908, $3,300 has been paid to purchase the property on which the Local Dispensary has been established, and consequently our funds are further impaired to this extent.

W. J. SOUTHAM,
Hon. Sec.-Treas.

MAINTENANCE.

Receipts—		
Bank Interest	$ 974 51	
Patients' Fees	2243 00	
Grant from City Corporation	2534 80	
Sale of Fruit	3 91	
Receivable, Provincial Government Grant	2274 61	$8,030 83
Expenses—		
Wages and Salaries	$2538 50	
Building Supplies	54 80	
Butcher Meat, Fish, etc.	880 27	
Butter and Eggs	745 18	
Fuel	650 08	
Flour, Bread, etc.	202 12	
Groceries	780 00	
Vegetables	76 49	
House Supplies	405 25	
Hamilton Visiting Nurse's Expenses	509 80	
Ice	39 80	
Light and Power	70 88	
Laundry	446 40	
Landscape Gardening and Farming	269 35	
Medical Supplies	343 50	
Milk	718 82	
Postage	23 34	
Stationery and Printing	25 55	
Stable Supplies	173 88	
Telephone	62 81	9,016 12
Loss to September 30th, 1908		$985 29

BALANCE SHEET.

Assets—		
Land	$3309 70	
Buildings	23044 08	
General Furniture	2555 73	
Bedding, Linen, etc.	842 90	
Cutlery, Dishes, etc.	102 63	
Medical Equipment	147 92	
Plumbing and Water System	2866 83	
Stable Equipment	648 90	
Upkeep of Utensils	195 45	
Tents and Fixtures	392 94	
Laundry Equipment	2806 18	
Accounts Receivable	329 66	
Provincial Government Grant, 1908	2290 25	
Cash in Bank	19175 03	$58,708 20
Less accounts payable		2,276 30
Liabilities—		
Credit balance December 31st, 1907	$56,681 19	
Cash subscriptions	736 00	
	$57,417 19	
Loss to September 30th, 1908	985 29	
		$56,431 90

Commenting on Mr. Southam's report, Mr. Evel said it was pleasing to note that the milk bill was twice as large as the bill for medicine. He pointed out that there was now good pasture on the farm, and expressed the hope that a couple of good cows might soon be procured. He thought the report showed the Sanatorium to be in splendid shape.

In moving the adoption of the report P. D. Crerar, K. C., expressed regret that the capital account had to be drawn on for the installation of a laundry. He thought the association should go to the Provincial Government and remind the officials of the promise made to increase the grant on non-paying patients by $3 per week each. He thought the government should support those unable to care for themselves by reason of illness as well as criminals. He made a reference to the good work of the Health Association, and quoted Charles E. Hughes, at the American Association for the Prevention of Tuberculosis, as follows: "If we had, through the misfortune of war, or the sudden rise of pestilence, or through some awful calamity, the destruction of life that annually takes place on account of the spread of tuberculosis, we should be appalled, and mass meetings would be held in every community and demand would be made that the most urgent measures should be adopted. It is only because we are accustomed to this waste of life, and are prone to think it is one of the dispensations of Providence, that we go about our business little thinking of the preventive measures that are possible."

The report was adopted.

Dr. Holbrook's Report

To the Members of the Hamilton Health Association:

Ladies and Gentlemen:

I take pleasure in presenting the report for the year 1908. While the progress of last year was one chiefly of construction, that of this year has been for the most part the completion of the work already begun. Thus, a 4-inch drain, almost 400 yards in length, was laid, and a number of other improvements have been made to provide for satisfactory sewage disposal. The laundry was completed, and an electric motor installed, so that the laundry work is done on the grounds. A windmill was

erected, and recently machinery was installed to enable the pump to be worked by means of electric power. The various buildings and shacks were wired, and are now lighted by electricity. In addition, a new road was built to the brow, and is now being paved with cinders, and a portion of the grounds has been graded and sodded.

And yet, considerable construction has been done as well. The combined Chapters of the Daughters of the Empire remodelled the old laundry and added dressing and both rooms, fitting it into a very comfortable shack for two patients, and presenting it as a birthday gift. In addition to the two chicken houses, two new houses were donated by St. Hilda's Chapter, daughters of the Empire, and runs enclosed by chicken wire have been made for the fowl. A dressing room has been added to the Stevens shack, making it more comfortable and much safer for winter use.

A considerable portion of the woods at the brow was cleared of brush, thus adding greatly to its appearance, and at a comparatively small cost steps were built to the bottom of the ravine, along which a walk was constructed to reach the electric railway. Lately this walk has been paved with crushed stone.

The patients are very fortunate to have so much interest shown in their welfare by the citizens generally, and especially by the various chapters of the Daughters of the Empire. They have been entertained on several occasions, and supplied with a great many devices to add to their enjoyment. Besides, the duties of the staff are made very much lighter as a result of the very generous supply of linen and blankets from St. Elizabeth's Chapter.

During the summer the total number of patients at one time reached 39, and there is now winter accommodation for 36, which I believe is all that will be required for some time to come when once the Southam Home is opened.

Recently the out-patient dispensary has been opened, and already we are receiving more patients for examination. The work of rendering assistance to advanced cases on Miss Renton's visiting list is greatly facilitated, and it enables the nurse and myself to keep in touch with all the cases, as it was quite

impossible to do before. Besides, we are meeting with considerable success in inducing others, in any house where a case has occurred, to come for examination.

I have to thank Mrs. Wanzer for so carefully looking after the duties that fall to her lot, and Miss Wyatt for intelligent aid in the treatment of the patients, and also the staff, six of whom are ex-patients.

Following is a condensed report, covering the period from January 1st to September 30th, 1908, and a short report for the hospital year from October 1st, 1907, to September 30th, 1908:

Number in residence January 1, 1908	23
Number admitted up to September 30, 1908	72
Number receiving treatment Jan. 1 to Sept. 30, 1908	95
Number discharged January 1 to September 30, 1908	63
Number in residence, September 30, 1908	32
Total	95

RESIDENCE OF PATIENTS.

	Males	Females	Total
Hamilton	42	44	86
Dundas	3	1	4
Barton	0	3	3
Binbrook	0	1	1
Other Counties of Ontario	0	1	1
Total	45	50	95

NATIONALITIES OF PATIENTS.

	Males	Females	Total
Canada	29	37	66
England	10	9	19
Ireland	1	1	2
Scotland	1	2	3
United States	1	2	2
Other countries	3	0	3
Total	45	50	95

AGES OF PATIENTS.

	Males	Females	Total
10 to 14	3	6	9
15 to 19	4	15	19
19 to 24	8	8	16
24 to 29	6	6	12
29 to 34	12	2	14
34 to 39	4	5	9
39 to 44	5	2	7
44 to 49	3	2	5
49 to 54	0	3	3
54 to 59	0	1	1
Total	45	50	95

REPORT COVERING HOSPITAL YEAR.

Number of patients in residence October 1st, 1907	20
Number admitted up to September 30, 1908	94
Number receiving treatment October 1, 1907, to Sept. 30, 1908	114
Number discharged October 1, 1907 to Sept. 30, 1908	82
Number in residence September 30, 1908	32
Total	114

Collective days' stay of patients, 10,692 days.
Average days' stay of patients, 93.8 days.
Average number of patients in residence, 29.

Of the 82 discharged cases the gain or loss in weight was as follows:

10 were not weighed on discharge.
2 made no change in weight.
12 lost, an average of 2.4 lbs.
58 gained, an average of 11.4 lbs.

Report of condition of discharged patients:

The largest individual gain was 25½ lbs.

Total number discharged Oct. 1, 1907, to Sept. 30, 1908	82
Number in residence less than 1 month, and therefore not reported upon	13
Number reported upon	69

	Apparently Cured	Arrested	Much Improved	Stationery	Failed	Died	Total
Incipient	10	13	6	1	..	..	30
Moderately advanced	2	6	12	6	2	..	28
Far advanced	..	..	..	3	3	3	9
Doubtful evidence	..	..	..	1	1	..	2
Total	12	19	18	11	6	3	69

Of the 19 cases reported discharged with disease arrested, there are 10 who may at the present time be classified as apparently cured, making a total of 22 apparently cured for the year.

The above table shows very strikingly the need for discovering the disease in its incipient stage if complete cure is to be hoped for.

Number of patients admitted to the Sanatorium up to September 30th, 1908, since its establishment:

Up to September 30, 1906	30
October 1, 1906, to September 30, 1907	71
October 1, 1907, to September 30, 1908	94
Total	195

Respectfully submitted.

J. H. HOLBROOK,
Physician-in-Charge.

Report of the Ladies' Auxiliary Board

Miss Elsie B. Forbes, Secretary, reported for the Ladies' Auxiliary as follows:

During the year twelve meetings of the Ladies' Auxiliary Board have been held. The business of these meetings has been the checking and passing for payment by the Treasurer the monthly maintenance and capital expenditure accounts, the reading of the monthly reports of the physician-in-charge as to the number and progress of the patients at the Sanatorium, and the reading of the detailed report by Miss Renton of the work as carried on in the down-town Dispensary. Miss Renton has proved herself a most efficient and sympathetic nurse, and her circle of influence has been greatly enlarged since the opening of the down-town Dispensary. Amongst other duties, her work entails the almost daily average of thirty-four visits to patients who are having home treatment in the city. Dr. Holbrook holds a clinic twice a week at the Dispensary during his visits there. The establishment of this down-town branch is proving to be a further step in the right direction.

The Ladies' Auxiliary Board wishes to express their deep regret at the death of Miss Doolittle, one of the Sanatorium's best friends. The patients, both on the mountain and in the city, were indebted to her for many weary hours brightened because of her kindness and thoughtfulness, and many added comforts through her generosity.

The past year has been a most progressive one, new features having been inaugurated; notably amongst these are the garden and telephone system, the latter the gift of Mrs. Sanford. The garden proved a great boom, providing, as it did, quantities of fresh vegetables. The Association is indebted to John A. Bruce & Co. and the Steele, Briggs Co. for seeds. Besides providing sufficient vegetables for the use of the Sanatorium, it is anticipated that this department will show a handsome balance during the coming season.

It is difficult to find words in which to sufficiently express thanks and appreciation of the great work which the Daughters of the Empire have carried on. Each Chapter rivals the other in gifts to the Sanatorium. The complete hennery, the gift of St. Hilda's Chapter, is the envy of the whole neighborhood. The Hallowe'en party, given by St. Cecelia's Chapter, was the social event of the year amongst the patients. The splendid

donation of furnishings and equipment for the down-town Dispensary by the combined Chapters is their last and one of their best works.

The patients at the Sanatorium have formed a club, called "The League of Willing Workers," with this motto, "Let us each day do something for some one." Each member has a silver badge, presented by Mrs. P. D. Crerar. Co-operating with the staff the league has worked wonders in improving the grounds and buildings.

During December the ladies of the Board were very active in disposing of Christmas Stamps in aid of the Sanatorium. The generous and ready response of the merchants and citizens of Hamilton made of this work a pleasure. The Stamps were presented by Mrs. Southam, and through this campaign $1,244.40 was added to the fund to stamp out the white plague.

Respectfully submitted.

ELSIE BELL FORBES,
Secretary Auxiliary Board.

The report was adopted.

Election of Directors

The election of directors was then taken up. The filling of the two vacancies was left to the directors. The directors elected were: S. D. Biggar, P. D. Crerar, P. D. Carse, Samuel Barker, M.P., Lieutenant-Governor J. M. Gibson, J. T. Greenaway, J. J. Grafton (Dundas), William Southam, Thomas Watkins, Adam Zimmerman, W. D. Long, J. J. Evel, Dr. Mullin, Mayor McLaren, Thomas Crooks, Dr. McAllister (Jerseyville), and J. Walter Gage.

A hearty vote of thanks was tendered the Ladies' Auxiliary and the various chapters of the Daughters of the Empire, and in acknowledging it Mrs. Crerar said that no body of ladies had ever worked with a more zealous board of directors. They had also been blessed with an excellent staff, and she did not think it was possible to get a man better fitted for the work than Dr. Holbrook. The matron had been both matron and mother to the patients, and the nurses had done excellent work. She thought that the Daughters of the Empire deserved the nice

things said of them. She urged the complete equipment of the dispensary, and promised an afternoon's enjoyment for the delegates who came here to attend the Canadian Association for the Prevention of Tuberculosis, in June next.

Mr. Southam read a letter from the Canadian Association for the Prevention of Tuberculosis, relative to the coming meeting, and some time was spent in discussing it. It was finally left to a committee, consisting of Dr. Roberts, Dr. Mullin, Dr. Holbrook, Mr. Southam, Mr. Crerar and Mr. Evel.

The meeting then adjourned.

DONATIONS IN MONEY RECEIVED BY MRS. WANZER FOR THE SANATORIUM DURING 1908:

July	10—From	" A Friend	$7 00
	25— "	Mrs. Lambert	1 00
Oct.	10— "	Mrs. J. M. Gibson	1 00
	10— "	Mrs. A. E. Malloch	2 00
Dec.	15— "	Mrs. Jas. Walker	1 00
	"	Mrs. Haviland Wanzer	1 00
	"	Mrs. S. F. Lazier	5 00
	"	Miss Browne, re sale of work	5 00
	"	Mrs. Edward Martin	3 00
	"	Mrs. R. T. Steele	2 00
	"	A Friend	1 00
	"	Mrs. B. F. Barber	1 00
	"	Mrs. W. F. Findlay	1 00
	"	Mrs. R. B. Dwight	2 00
	"	The Misses McLaren	3 00
			$36 00

DONATIONS TO SANITORIUM AND FOR DOWN-TOWN PATIENTS:

Mrs. Southam, $3.00 a week.
Mrs. Doolittle, $3.20 a week.
Mrs. Doolittle, $5.00
Miss Doolittle, $10.00.
Mrs. Henderson, $5.00 for Dispensary.
Chapters Daughters of the Empire, $125.00 to furnish Dispensary.
Mrs. Hendrie, set of harness for San.
Ladies' Aid, Mount Hope Methodist Church, large quilt.
Mrs. J. J. Scott, sideboard.
Mrs. Wilson, clothing and bed.
Mrs. Gordon Henderson, large double steel range.
St. Hilda's Chapter, I. O. D. E., complete hennery.
Mrs. Sanford, private telephone system.
Mrs. Lucas, donations to down-town patients.
Many other donations of useful articles and delicacies for the patients were received and much appreciated.

TO THE TREASURER.

C. W. Graham	$ 20 00
Estate of William Hendrie	400 00
P. D. Carse	250 00
Canadian Millers Mutual Fire Insurance	10 00
M. J. Forster	5 00
Church of Ascension	1 00
St. Hilda's Chapter	50 00
	$736 00

SPECIAL DONATIONS TO SANATORIUM.

Subscriptions to Birthday Fund.

Mrs. Olmstead	$ 5 00
" Southam	5 00
" Gibson	7 00
" Holmes	5 00
" P. D. Crerar	5 00
" Doolittle	5 00
" S. O. Greening	5 00
" Leggatt	5 00
" VanAllen	5 00
" Sanford	5 00
" O'Reilly	2 00
Col. Grafton	5 00
Miss Wilcox	5 00
Mr. T. W. Watkins	5 00
A Friend	10 00
Dr. Alex. McKenzie	1 00
Mrs. J. J. Evel	1 00
" Gates	1 50
Miss Hobson	1 00
Mrs. C. S. Scott	1 00
Miss Doolittle	1 00
Mr. and Mrs. S. F. Lazier	10 00
John E. Riddell	2 50
Mrs. Southam	2 60
Interest	50
Miss Grafton	1 00
	$102 10

EXPENDITURE OF BIRTHDAY FUND.

Household	$54 15
Plants for lawn	14 55
Annual Birthday tea	6 30
Sundries	50
	$ 75 50
Balance	26 60
	$102 10

AGNES M. EVANS,
Treasurer Ladies' Auxiliary.